

# BREAKTHROUGH

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## AUTISM HELPED BY HEMI-SYNC

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I have been working as a dance movement therapist with an autistic child for the past 5 years. This boy is now 14 years old. This past year I began working with the Monroe tapes with this child. Through "patterning" and movement therapy techniques, I had developed rapport with my student as well as a degree of advancement in his social and physical learning and his willingness to tackle the fear associated with new learning experiences. I began using the Monroe tapes with him in Feb. 1982. I used the INTRODUCTION tape (from the Discovery Album) and would use it approximately every two weeks. I used a Sony Walkman which has a "mix" button, so I could talk with him when he was listening to the tape. I experimented with different effects of the different tapes, and found that the SLEEP tape seemed to make him more alert, while the CONCENTRATION tape seemed to agitate him resulting in him going into a trance or "sleep like state". I was only able to have him listen to segments of the "process"; for instance, he does not relate to the "energy conversion box", nor does he tolerate the entire breathing sequence, especially when the voices begin. I discovered that by reaching "3" or the basic "hemi-sync" state was sufficient and tolerable for the child's learning process. I would work him through the beginning processes, bringing him to "3" and then I would work through a "procedured" learning program. For instance, to bring more cognition to his words and personal experiences, I would take an object (a toy truck) and say the word and relate the experience ("Truck. We see trucks at Milford. Truck"). Then we would trace the truck with the left hand while the right hand followed the movement with a crayon on a piece of paper creating the outline of the truck. Again I would point to the drawn picture, have him feel the toy truck, and would say, "Truck. We see trucks in Milford." Then we would print the word and sentence on the page. I began doing this procedure with many things in his world: "trees" while on a walk, stories he would listen to on his records etc. My student immediately began responding. His speaking process and cognition of the "gestalt" of language has doubled, as has his learning process in general.

I propose that learning programs for basic skills be put on the Monroe tapes. These programs would greatly speed up and assist the professional in teaching the autistic and special individual. In a normal situation, one learning program may take a child 3-6 months to learn. With the assistance of the "hemi-sync" process, the time could be taught in half the time it takes now. What is accelerated for you and I just begins to give the special individual an edge on being normal.

I have continued to use the tapes in 1983 with this young boy. He continues to show marked improvement in his interactions and his "spontaneous" ability to use speech. He is now using speech to speak about events which happened to him in school or are going to happen to him. He does not know "tenses" so, at times, it becomes very difficult to tell the time context, but "conversation" and "telling" is there. I am now using the CONCENTRATION tape with him. He seems to be able to tolerate it now. I have tried using the CONCENTRATION tape first, but it seemed that it was too strong for him. I chose the back-up to "3", and gradually introduced him to other tapes.

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## EXPERIENCE WITH SURGICAL TAPES

by

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When I learned I had skin cancer and needed surgery I decided to use the MIAS Emergency Treatment tapes. I was unable to provide for adequate monitoring of the effect of the tapes because of the rapidity of events. But what did happen is quite positive from the point of view of Bob's tapes.

9-14-82 - Entered Surgeons Clinic at 9:30AM: Given local injection (10 to each single area of extraction) and had tissue removed from nose and upper lip. Cutaneous injections were extremely painful. Had prepared myself with the PRE-OP tape the night before and began INTRA-OP tape prior to surgery. With the Sony player at my belt, I was able to maintain continuous playback of the tape by turning it over. Surgery was in five sessions of 45-60 minutes each, separated by wait periods of similar intervals while the tissue extracted was biopsied. Injections were renewed prior to each surgery session. Therefore, the tape was utilized from 9:30AM until 5:30PM on this date.

9-15-82 - Entered Doctor's Hospital as outpatient at 9AM. I was then prepped and entered surgery for reconstruction. I was given a powerful tranquilizer combined with injections to facial nerves. I had prepared myself by using the RECUPERATION tape the night before as a means of entering sleep. I began the INTRA-OP upon entering surgery, which lasted 90 minutes. Again I played the tape continuously by turning it over. As I was moved from the operating room I began the RECOVERY tape and fell asleep. Awakened with Bob's voice from the tape, I went home to my sister's house to recover. Began the RECUPERATION tape there and slept. I played this tape for naps and sleep and when awakened in early morning to resume sleep over a ten day period.

Comments - I don't think I could have made it through the first day of extraction without the INTRA-OP tape. The pain was from the injections and it was intense. Both nurse and doctor said I was one of their best patients and that the tapes must be working. I know the tape was designed for patients under general anesthesia, but it did work well. I felt the tape needed more supporting vocalization for the patient under local anesthesia and fully awake. The most meaningful part of the tape was Bob's comment that I was not alone. I'm sure the surgeon wondered why I burst into tears at this point. For me, at this point, it was critical. I had only one blood pressure test prior to surgery. I tend to be high, but was normal at this time. I was trying to maintain the balanced meditative state, but could not achieve it during the times of injection. I could, however, regain it during surgery and waiting.

During reconstructive surgery I was assisted by the tranquilizer to maintain a meditative state. The tapes were not critical, but were so supportive that I would not consider being without them. I was quite surprised that I followed Bob's suggestions to emerge from the effects of the tranquilizer. I realize this was designed to follow general anesthesia, but it left me strong and quite awake and without the effects of the drug. I was able to dress and leave immediately, walking to the car and into the house.

The RECUPERATION tape enabled me to remain calm during the shock periods, which were the second and third days following surgery. I was depressed at this time, but had no difficulty sleeping with the tape. If I awakened, I simply turned the tape over and rewound it and then replayed it. My suggestion is that this tape should be recorded on both sides so it can be played during the night without rewinding.

## HEMI-SYNC AND VISION IMPROVEMENT

This article is a synopsis of a report by Jean Gold describing her quest for vision improvement.

I have been doing some very exciting work with a holistic eye doctor, and have begun to incorporate the Monroe tapes to induce Hemi-Sync while doing the exercises. The results have been tremendous on the area of the re-learning process and of steadiness of attention while doing the eye work.

I was recommended to a Dr. John Downing of Mill Valley for my eye problems. I have suffered from slightly crossed eyes, plus one eye being higher than the other. In addition, I have been right eye dominant, with the left eye simply not "seeing". I went to Dr. Downing for a full eye exam which he does in a holistic or complete manner.

He determined that in addition to what I just mentioned, I had a type of tunnel vision, was not seeing color except around a very small central area, and that my optic nerve was swollen. Downing has discovered a unique principle in eye treatment. He works with color and light to expand one's field of vision, reduce swelling of the optic nerve, correct diverging or crossed eyes, and improve vision. The patient also hears music through earphones in therapy.

He has set up a room with a device that one looks into. It is basically an adjustable strobe light. He has three wheels of color that one can set to get various colors of the spectrum. In my case, he needed stimulation of the sympathetic nervous system to coax my crossed eyes to uncross, and we did this by setting the color wheel to the most intense color red (with a slight bit of gold). This color stimulates the pineal gland and thus the nervous system to gradually make changes in the physical structure of the eyes. In addition, he set the strobe light to 15 cps, or the beta frequency, to further stimulate the desired effect.

I suddenly got the idea of synchronizing the strobe light with the frequency following response as heard on the Monroe tapes. I have two tapes at this time: the CONCENTRATION (alpha and beta) and the SOUND SLEEPER (alpha and delta). As I have a problem with sleep, I have been using the sleep tape to try and learn the Hemi-Sync sleep pattern.

So I began to experiment with the relationships between the strobe light frequencies and the FFR on your tapes. The results are exciting. Not only do I get a very steady attention to the exercises, but I seem to be learning the new seeing patterns better.

After being treated for progress at Dr. Downing's office, we established that not only has my crossed eye condition been reduced from a 30 diopters, but that my eyes have evened out slightly from one being higher than the other. Also my field of vision has increased, and my vision has improved.

I am most grateful to Dr. Downing for his discovery, and want to acknowledge him for his beneficial program. I really think that there is a great potential for the Hemi-Sync process as related to this vision therapy. Coordinating a vision therapy strobe light with the FFR on the tape could lead to improved learning and more rapid success with the treatment.

The results experienced by Jean Gold during her vision improvement program using the Monroe tapes indicate improved performance and may well stimulate greater use and additional research projects.

## HP-10 IS EFFECTIVE

Here is a brief outline on the High Performance Ten (HP-10) tapes by one of our members. This is her account.

First of all I must state I am very surprised over the strength of the results and I am very pleased indeed.

Day 1 - Used Basic - 1 -- Sleep - 1	Day 4 - Used Basic - 3 -- Sleep - 1
Day 2 - Used Basic - 2 -- Sleep - 1	Day 5 - Used Basic - 1 -- Sleep - 1
Day 3 - Used Basic - 2 -- Sleep - 2	

Total: Basic - 9 times  
Sleep - 6 times

Noticed results from Day 2. I get a strong, cold sensation across my forehead and sometimes over my entire head, including face.

Normally, I try to stay with 4-5 hours sleep schedule because I feel so good mentally and physically. Using the tapes assisted me in this and increased my sense of well being.

### 1. ONE-AWAKE-ALERT

If using this after the sleep period, I get immediate results. If using this in order to stay awake and need to sleep is great, results are fair. Used ONE-AWAKE, while in the dream state, awakened immediately.

### 2. TWO-FOCUS

When using before meditating, results are deeper and stronger. Vision much clearer and aural effects very loud. Great for study. Receive steady insights on any questions I may put to myself, either during meditation or in Focus 1.

### 3. THREE-RECALL

Helps recalling dreams, if used BEFORE sleep. No success if used after. Spontaneously found myself singing songs from the distant past, that I had consciously forgotten (three-recall?). Still working on this to increase recall regarding names, dates etc.

### 4. FOUR-RELEASE

Did not use this enough in the beginning. See my note in later paragraph.

### 5. FIVE-THINK

I really like this one - results are very powerful.

### 6. SIX-STRONG-QUICK

This certainly helps when I take care of my active 3 yr. old grandson.

7. SEVEN-LET-GO

I find when I do get angry, it is definitely not as severe nor does it last as long.

8. EIGHT-GREAT

My goodness, I really like myself after using this one. My happiness is there for all to see and feel.

9. NINE-SPEAK-UP

Another powerful one for me. I have to hold this down or my conversations appear to be non-stop. It has helped, especially in communicating with the family.

10. TEN-RELAX

I use this one before sleep and meditation with success. Effectiveness reduced when using to lower stress in Focus 1. Working on this for better results.

Three or four days after completing the tape sessions, I found my energy much too strong, my solar plexis rigid and painful (thinking perhaps I was having a heart attack) and I became hyper. At this point, I stopped and realized I had not been using #4 - Release. For several days I used #4 - Release and #10 - Relax and listened to the Energy Walk tape and returned to normal. I waited for several weeks and began again, this time using the tools gradually and sensibly. The results are very strong and productive.

We welcome your contributions and comments on BREAKTHROUGH. Please direct your correspondence to Jean Wallis, Director of the Professional Division, Monroe Institute of Applied Sciences, Rt. 1 Box 175, Faber, VA 22938